# GROVNDS OF RELIGION.

VVithout the knowledge whereof none may presume to come to the Lords Table here, or expect to communicate with him in glory hereafter.

Collected out of a more copious Catechisme, and published especially for the benefit of such poore Soules, as want either money to buy, or time to learne, or memories to retaine a larger Treatise.

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HEB. 5. 12.

*For the time ye ought to be Teachers, ye have need that one teach you again, which be the first Principles of the Oracles of God, and are become such as have need of milk, and not of strong meate.*

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## *A Precept for Parents.*

These words which I command thee this day shall be in thine heart: and thou shalt teach them diligently vnto thy children, and shalt talke of them when thou sittest in thine house, and when thou walkest by the way, and when thou lyest downe, and when thou risest vp. *Deut.* 6, 6, 7.

## *To Children and Servants.*

Sanctifie the Lord God in your hearts, and be ready alwayes to giue an answer to every man that asketh you a reason of the hope that is in you, with meekenesse and feare. *1 Pet.* 3, 15.

# THE MAINE GROVNDS OF RELIGION.

## Question.

OF what Religion are you?

### Answer.

Of the Christian Religion. Acts 11,26

Q. What Religion is that?

A. That which teacheth men to looke for true and euerlasting happinesse by Christ alone. Acts 4,12.

Q. Where is this Religion taught?

A. In the holy Scriptures of the Old and New Testament. 2 Tim: 3, 16,

Q. What may wee learne out of the Scriptures?

A. Two things: the knowledge of God, and of our selues. Iohn 17,3 Eccle:7,29

Q. What are wee taught concerning God?

A. That there are three Persons, yet but one God, who is the Ordainer, the Maker, and Gouernour of all things. 1 Iohn 5,7 Prov. 16,4 Mat: 10,29

Q. What are we taught concerning our ſelues?

A. That Man and Woman being made in the Image of God, fell from that Gen.1.26. and 3.1,2. Rom.5.12 bleſſed eſtate, and became moſt curſed Creatures.

Q. What is then the eſtate of every naturall man?

Eph.2.3. Rom.7.24 A. Very miſerable, and in no wiſe to be reſted in.

Q. What maketh his eſtate ſo bad?

Eſa.59.2. Rom.6.23 A. Two things: Sinne and the puniſhment thereof.

Q. What call you Sinne?

1 Ioh.3.4. A. Euery breach of Gods Law.

Q. How doth man breake the Law of God?

Eſay 1 15. 16,17. and 64.6. A. By doing things forbidden, leauing things commanded, or failing in the manner.

Q. What is the puniſhment of ſinne?

Deut. 28. 15. Luk 16.22 23 A. All miſeries in this life, death in the end, and hell euer after.

Q. Is ſinne ſuch a grieuous thing?

Prov.15.9 A. Yea, it is the moſt hainous and loathſome thing in the world.

Q. How appeareth that?

Heb.10.31 and 12.29 A. Both by the puniſhment, and by the perſon againſt whom it is committed.

Q. Wh

Q. Who is that?

A. Almighty God, whose Holinesse, Power, Justice and Goodnesse is infinite and unspeakable. 1 Cor. 10. 21. Psa 36,5,6

Q. What shall a man doe in that woefull estate?

A. Bewaile his misery, and hasten to get out of it. Act. 2. 37.

Q. Is he able of himselfe to doe this?

A. No: and besides he hath three enemies, the flesh, the Deuill, and the world, that will labour to holde him in it. 2 Cor, 3:5 Eph, 6. 12.

Q. Where shall a man finde help?

A. Onely in Jesus Christ, the onely begotten Sonne of God. 1 Ioh. 1 4 6.

Q. What hath he done to deliuer man out of misery?

A. He became man and in our nature fully satisfied the Law & Justice of God. Gal, 4, 4, 5

Q How hath he done this?

A By bearing for vs the punishment which the Law threatneth; and fulfilling the righteousnesse which the Law requireth. Gal, 3. 13. Mat, 3. 15.

Q How did Christ beare the punishment due to sinne by the Law?

A By enduring manifold miseries all his life time, and in the end the wrath of God, and the cursed death of the Crosse. Luk. 9. 58. Phil. 2. 8.

Q. How did he worke the righ-
neſſe requyred by the Law?

A. By being obedient to the
1 Pet. 2, 22 God, in thought, word, and deed, all
Iohn 4, 34 his life long.

Q. What benefit haue we by Chriſt
his death and ſufferings?

Heb. 2, 14, A. Deliuerance from ſinne, and the
15. punishment thereof.

Q. And why by his righteouſneſſe
and obedience?

Rom. 5, 18 A. The fauour of God, and euerla-
19, 11. ſting happineſſe.

Q. How may we obtaine theſe bene-
fits by Chriſt?

Iohn 1, 12 A. Onely by true faith in him.

Q. What is a true Faith in Chriſt?

Rom. 1, 16 A. It is a beliefe of the Goſpell, wh-
Iohn 6, 69 by a man doth truely reſt, and caſt hi-
2 Tim 2, 12 ſelfe vpon Chriſt alone, for remiſſio-
ſinnes, and eternall ſalvation.

Q. Is it in our power to beleeue?

Eph. 2, 8 A. No: it is the gift of God, by
Gal. 5, 22 ſtrong of the Spirit, through the pre-
Rom. 10, 17. ing of the Goſpell.

Q. Shall all beleeuers haue benefit
by Chriſts death?

A. All that truely beleeue ſhall: b-
there is a dead faith that profiteth no-
thing.

Q. How

Q. How is the true faith perceiued?

A. By the fruits thereof, and name- 1 Iohn 3,
ly by repentance.

Q. Why so?

A. Because wheresoeuer Gods Spi- Acts 15,9
rit worketh true Faith, there he work-
eth repentance also.

Q. What is repentance?

A. Such a change of the heart, as Rom: 12,2
bringeth forth a reformed life.

Q. Whence commeth this change?

A. Especially from the sight and feel- 2 Iohn 4,15
ing of Gods mercy towards vs in Christ.

Q. From what is the heart changed?

A. From the loue of the world to the 1 Iohn 2,15
loue of God: from carelesnes to consci- Tit: 2,12
ence, and desire to please God.

Q. What is the change called?

A. It is called in Scripture a new 2 Cor: 5,17
creature.

Q. How doth it appeare?

A. When in word and deed we en- Es: 1,16,17
deauour to abstaine from euil, and to Eph. 4,22,
exercise our selues in that which is good. 23,24.

Q. Is this change of heart and minde perfect in any?

A. No: we beleeue not perfectly, and Mark: 2,2
therefore we cannot loue perfectly, but 1 Cor: 13,
we must striue to perfection. Heb: 6,1.

1 Pet:2,22 1 Ioh:1,7 &c:19,&c:

Q How must we serue?

A By a diligent vse of the meanes which God hath appointed for our increase in faith and repentance.

Q What are the publike meanes?

A They are chiefly three: hearing the word, receiuing the Sacrament, and ioyning in Prayer.

Luc:22,19 Ro:10,13, 14,

Q What are the Sacraments?

A Certaine outward signes and seales appointed of God, to assure vs of Christ and all his benefits are giuen to vs.

Ro:4,11: 1 Cor:10: 16:

Q How many Sacraments are there?

A Two, Baptisme, and the Lords Supper.

1 Cor:10, 2,3,4,

Q What doth Baptisme assure vs of?

A That being ingrafted into Christ we are washed from our sinnes in his blood, and borne anew in God.

Gal:3,27: Tit: 3,5:

Q What doth the Lords Supper assure vs of?

A It doeth further warrant vs that Christ is giuen to vs to be our spirituall nourishment to euerlasting life.

1 Cor,11,24 Ioh:6,54,

Q Who maketh the right vse of the Sacraments?

A He that is thereby daily confirmed in faith and newnes of life.

Mat,26:28 Gal,6,15,

Q Who obtaine this benefit by the Lords Supper?

Such

A such as come with knowledge of Christ, faith, repentance and loue. 18.

Q. What is Prayer?

A. A craueing of those things at Gods hands which we want, and thanking him for those we haue. Psa. 50. 15 Phil. 4. 6.

Q. When doe men pray a right?

A When they pray onely to God, in the name of Christ: asking things lawfull, to his glory, with faith, feeling and loue. Ioh. 16. 23 Iam. 4. 3.

Q. What be the priuate meanes?

A. Reading and praying both alone, and with others instructing our families, thinking vpon good matters, admonishing and comforting one another, & watching ouer our owne wayes according to the word. Deut. 17. 19 Mat. 7. 7 Gen 18. 19 and 24. 63 1 The. 5. 11 Psa. 119. 9

Q What will the right vse of all these meanes work in Gods children?

A A most happy and comfortable change, from that which they were before, euen in this life. Acts 26. 18 1 Co. 6. 11

Q What becommeth of them after this life?

A The soule goeth immediately into the Paradise of God, and the body shall be raised vp at the last day, and ioyned with the same in glory for euer. Luk. 19. 22 1 Cor. 15. 52. Mat 25. 46

Q. What

Q. What is the portion of all ignorant or prophane persons, who contemne these meanes of grace?

Deu:28,29 65, 66, 67 2 Thes:1,9 Luke 13,8 Mat:25,41 & 13, 49, 50.

A. They are in a most cursed condition while they live here, and hereafter they shall be banished from the joyes of heaven, and shall for evermore be tormented with the Deuill in Hell, where is weeping and wailing, and gnashing of teeth.

Certaine

# Certaine Rules for the direction of a Christian life, expressed in Meeter, for helpe to the memory.

A

*ACquaint thy selfe most narrowly,*
*Thy mind, thy heart, and life to watch:*
*Lest idle thoughts and noysome dreames,*
*Doe wicked lusts and dealings hatch.*

B

*Be wise and carefull to redeeme,*
*Thy precious time to holy deedes:*
*Let not these earthly matters base,*
*Consume more houres than thou must needs*

C

*Call to thy minde when night is come,*
*Thy sinnes that day to crave release:*
*Thinke on Gods favours him to praise,*
*That so thou maist lie downe in peace.*

D

*Doth morne approach and sleepe depart,*
*First lift thy heart to God on high:*
*Commit thy selfe and mayes to him,*
*And vowe to serve him faithfully.*

*Enterpose no kinde of worke,*
*But craue Gods Spirit thee to protect:*
*Goe to no place or company,*
*But pray from ill mee to direct.*

F

Tim,4,5 *Forget not when thou meanst to vse,*
Cor, 10 *Gods creatures, or his mercy sweete:*
Mat,14 *For soules delight, or bodies health,*
aud 26 *To craue his leaue and blessing meete.*

G

eu,8, 10 *Giue vnto God due thanks and praise,*
nd 32,15 *When comfortable vse thou hast:*
a,68,19 *Or any of his blessings good,*
at:16,30 *Or else he counts them spent in waste.*

H

oh,4,24 *Hold this for sure, that in true prayer,*
Sam,1, *The hearts desire is chiefest thing:*
Pi,5,2 *Yet voice will help the same to warme,*
nd 30,11 *And banish dulnesse and wandring.*

I

en, 24, (*If possibly thou canst it finde*)
, Dan,6 *Set out some time of euery day:*
, Psa,55, *To muse, to pray, and reade good bookes,*
7, and *That grace and conscience increase may.*
19,164

K

ov,16,4 *Keep heart and minde much bent to thinke*
at,10,29 *How God hath made and ruleth all:*
eles, 9,2 *How here he dealeth with good and bad,*
at,25,33 *How differ in the end they shall.*

L

*Like best to ponder Christ his workes,* Rom.5.
*How he thee sau'd from sinne and shame?* 1 Cor.2.
*And made thee heire of Paradise,* Gal.6.14
*Delight therein and praise his name.* Phil.3.8.

M

*Marke well the lines of good and bad,* Esa.57.1
*Consider eke the ends of both:* Mat.25.
*To moue thee for to imitate,* Luk.16.
*The vertuous man, and sinners loath.* Iam.5.11

N

*Nurture thy soule with thoughts of death,* Psa.39.4
*That needs thou must from heuce remoue:* Heb.9.27.
*(Leauing thy wealth and deerest things)* Luke, 12.
*To fixe thy minde on heauen aboue.* 2Col.3.1

O

*Obserue how thy corruption dyes,* Gal.6.14
*Let not thy deerest friend deceiue thee:* Iob 20.12
*Why shouldst thou count that sweet and good,* Mat.5.29
*Which may of glory quite bereaue thee.* and 16.26

P

*Practise Gods worship with delight,* Deu.28.47
*Ioy in the godlies company:* Psa.16.3
*With God thy conenant oft renew,* and 116.18
*Mourne for thy sinne, and it defie.* 2 Co.7.11

Q

*Quench not thine owne and others Spirit,* 1The.5.19
*All idle or vnsauory speech:* Eph.4.29
*By thy behauiour euery where,* Eze.13.22
*Let good, no ill to others teach.* Mat.5.6

Exod:20,7 Rehearse no name, no worke, nor word
Deu:28,58 Of God, without high reverence:
Pſal:15,3 Speake of no man but lovingly,
Mat:5, 44 Although it be in thy defence.

S

Act:24,16 Seeke to approove thy ſelfe to God,
Eph: 5,22, Thy conſcience, and Gods children dear
1 5.& 6,1, By dealing in thy calling, and
Col:3,6. With ſuch to whom thou art moſt neare.

T

Eph: 6, 12 Take heede leſt Satans craft (by meanes
Ier:17, 9 Of natures bent t'hypocriſie,
2 Tim:3,5 And to profaneſſe) make thee uſe
Rev:3,16 Religious duties formally.

V

Mat:15,8, Vſe not the ſame for faſhions ſake,
Ec 10, 28, Or for thy credit, but with care
Ec 6,3,4, Thy God to pleaſe, that in the end
5,6. Both ſoule and body well may fare.

2 Tim. 2. 7.

Conſider what I ſay, and the Lord give thee underſtanding in all things.

## Grace before meate.

Most gracious God and loving Father, we humbly beseech thee to forgive us all our sinnes. Be present with us, and blesse us, and thy good creatures provided for us. Give us grace to receive them thankefully as from thy hand, and to use them soberly as in thy sight, to thy glory and our owne comfort, through Jesus Christ our Lord. Amen.

## Grace after meate.

We humbly thanke thee, O Lord heavenly Father, for refreshing our fraile bodies with thy good creatures, beseeching thee likewise to feed our soules with thy lively word, that we may glorifie thee, both with our soules and with our bodies through Jesus Christ our Lord.

Blesse good Lord thy holy Church, our gracious King, his Royall Famille and Realme, and send us eternall life, through Jesus Christ our Lord. Amen.

FINIS.